

OKYEAME

November 9, 2006

American Embassy,
Accra

History of Veterans Day

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...” The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11 a.m. The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:

Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and **Whereas** it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and **Whereas** the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples. An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday - - a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required (cont. on page 2)

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CLO Office Hours



Mon-Thurs
8am-4pm

Fri

8:00 am-
12:00pm

If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, Mikelle Antoine at:

accraokyeame@yahoo.com
Deadline Monday 5pm

Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.



the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars. Later that same year, on October 8th, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated: "In order to insure proper and widespread observance of this anniversary, all veterans, all veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible." On that same day, the President sent a letter to the Honorable Harvey V. Higley, Administrator of Veterans' Affairs (VA), designating him as Chairman of the Veterans Day National Committee.

In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman. The Uniforms Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to insure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people. Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

From: <http://www1.va.gov/opa/vetsday/vetdayhistory.asp>



The Ga-Adangbe

http://www.photius.com/countries/ghana/society/ghana_society_the_ga_adangbe.html

Sources: The Library of Congress Country Studies; CIA World Factbook

The Ga-Adangbe people inhabit the Accra Plains. The Adangbe are found to the east, the Ga groups, to the west of the Accra coastlands. Although both languages are derived from a common proto-Ga-Adangbe ancestral language, modern Ga and Adangbe are mutually unintelligible. The modern Adangbe include the people of Shai, La, Ningo, Kpone, Osudoku, Krobo, Gbugble, and Ada, who speak different dialects. The Ga also include the Ga-Mashie groups occupying neighborhoods in the central part of Accra, and other Gaspeakers who migrated from Akwamu, Anecho in Togo, Akwapim, and surrounding areas.

Debates persist about the origins of the Ga-Adangbe people. One school of thought suggests that the proto-Ga-Adangbe people came from somewhere east of the Accra plains, while another suggests a distant locale beyond the West African coast. In spite of such historical and linguistic theories, it is agreed that the people were settled in the plains by the thirteenth century. Both the Ga and the Adangbe were influenced by their neighbors. For example, both borrowed some of their vocabulary, especially words relating to economic activities and statecraft, from the Guan. The Ewe are also believed to have influenced the Adangbe.

Despite the archeological evidence that proto-Ga-Adangbe- speakers relied on millet and yam cultivation, the modern Ga reside in what used to be fishing communities. Today, such former Ga communities as Labadi and Old Accra are neighborhoods of the national capital of Accra. This explains why, in 1960, when the national enumeration figures showed the ethnic composition of the country's population, more than 75 percent of the Ga were described as living in urban centers. The presence of major industrial, commercial, and governmental institutions in the city, as well as increasing migration of other people into the area, had not prevented the Ga people from maintaining aspects of their traditional culture.

Data as of November 1994 NOTE: The information regarding Ghana on this page is re-published from The Library of Congress Country Studies and the CIA World Factbook. No claims are made regarding the accuracy of Ghana The Ga-Adangbe information contained here. All suggestions for corrections of any errors about Ghana The Ga-Adangbe should be addressed to the Library of Congress and the CIA.



Le bas? The Art of Moroccan Greetings

By Leslie Gross Wyrzten

After two years in Morocco, I'm just beginning to get the hang of saying hello. Usually the basic greetings are the first thing one learns when learning a new language; certainly, that was where I started. I had already studied some classical Arabic and thus knew the standard greeting: *Salaam aleikom*. "Peace to you." But here in Morocco, as in many other Arab countries, that is just the beginning. By the end of the first week, I picked up the phrase *le bas*, which literally means "not bad." When put as a question, it means "how are you?" - the response to which is also "*le bas*." Once I had this down, my greetings had reached an acceptable baseline, at least for a foreigner:

"Peace to you." "And to you, peace. *Le bas?*" "*Le bas*, praise God." Now that I had a basic greeting in place, I could move on to the point of my conversation. Or could I? While the butcher, my new colleagues, the taxi driver, and the maid all seemed to accept my simple Arabic, I noticed that when a Moroccan exchanged pleasantries with another Moroccan, it took a lot longer to get to the point of the conversation. And sometimes, the greeting itself was the whole conversation. Clearly there were finer points to saying hello. A lot of finer points, as it turned out.

After almost two years of study and investigation, I have managed to put together some rules for saying hello in Morocco.

First of all, don't forget God. There's a saying that God is in the details, but in this case, you can find Him in the greeting. Even though Moroccans don't strike me as particularly devout, religion is woven into every part of Moroccan society. Conversation is peppered with such phrases as God bless you, God have mercy on your parents (it's used for a very heart-felt thank you), God make it easy on you, God give you peace, and so on. The phrase "*al humdu lillah*" (praise God) is widely used in place of responding directly to many questions.

Secondly, you must convince your conversation partner that you really are OK. It's not that Moroccans don't take you at your word, but they will ask how you are multiple times and in different ways. In my observations, there is a direct relationship between the number of greetings and the affection the other person has for you. Third, ask after the family. The "no man is an island" principle comes into play in saying hello. Not only is your wellbeing and health ascertained, but also the wellbeing of your family at large, both the known family living in the country as well as the parents, grandparents, siblings, cousins, aunts, and uncles back in the States. Finally, remember "second verse, same as the first." If you run out of things to say in a conversation, feel free to start the whole process over. Recently I was at tea with a group of friends, and, after about an hour, the conversation started to lag. One of my friends turned to me in the gap and said, "*Ça va?*" And that seems to get things going again. And so it goes that this morning I walked into the local grocery and saw Hassan working behind the counter, as usual. He broke into a huge smile as though he hadn't seen me in years instead of yesterday and said, "Good morning."

"Good morning, Hassan," I smiled back.

"*Ça va?*"

"*Ça va*, praise God. *Le bas?*" "*Le bas*, praise God. Are you *le bas?*" he asked, putting his hand over his heart.

"*Le bas*, God bless you. What news is there?"

"*Le bas*, praise God. How is your daughter?"

"Well, praise God. How is your family?"

"Praise God. And what news is there of your family?"

"They are well. God bless you."

I picked up the few items I needed and went back to the counter to get some cheese before I checked out. We talked a little more, about the weather, about my upcoming trip to the States, and then silence took over. Hassan continued smiling at me while he measured and weighed the cheese, and then,

"*Le bas?*"

"*Le bas*."

Texas native Leslie Gross Wyrzten lived in Morocco for two years where she taught English, gave birth to her first child, studied Arabic and wrote about her experiences. She has just relocated to another foreign country, Washington, DC. She would like Tales readers to know about the charitable organization World Vision, which provides relief and development assistance in 96 countries around the world.

www.wvi.org

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A lot has happened over the last year in the development of vaccines. This is the first in a series of Okeyame articles about newly developed vaccines. Tdap is discussed in today's issue. In future issues Tdap, rotavirus, shingles, and new varicella (chicken pox) recommendations will be discussed. Tdap (tetanus, diphtheria, and acellular pertussis) is in response to the rise of pertussis (whooping cough) cases in the USA. There have been numerous outbreaks in the US. This one time vaccine (which replaces a routine tetanus shot) is recommended for persons between 11 and 64. This article comes from the CDC. The health unit is trying to procure a supply of Tdap.



1 Why get vaccinated?

Adolescents 11 through 18 years of age should get one booster dose of Tdap. • A dose of Tdap is recommended for **adolescents who got DTaP or DTP as children** but have not yet gotten a dose of Td. The preferred age is 11-12. • **Adolescents who have already gotten a booster dose of Td** are encouraged to get a dose of Tdap as well, for protection against pertussis. Waiting at least 5 years between Td and Tdap is encouraged, but not required. • **Adolescents who did not get all their scheduled doses of DTaP or DTP** as children should complete the series using a combination of Td and Tdap. **Adults 19 through 64 years of age** should substitute Tdap for **one** booster dose of Td. Td should be used for later booster doses. • **Adults who expect to have close contact with an infant** younger than 12 months of age should get a dose of Tdap. Waiting at least 2 years since the last dose of Td is suggested, but not required. • **Healthcare workers who have direct patient contact** in hospitals or clinics should get a dose of Tdap. A 2-year interval since the last Td is suggested, but not required. **An adolescent or adult who gets a severe cut or burn** might need protection against tetanus infection. Tdap may be used if the person has not had a previous dose. If vaccination is needed during **pregnancy**, Td usually is preferred over Tdap. Ask your doctor. **New mothers** who have never received a dose of Tdap should get a dose as soon as possible after delivery. Tdap may be given at the same time as other vaccines.

WHAT YOU NEED TO KNOW 3 Who should get Tdap vaccine and when? Tdap (Tetanus, Diphtheria, Pertussis) vaccine can protect adolescents and adults against three serious diseases. Tetanus, diphtheria, and pertussis are all caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts, scratches, or wounds. **TETANUS (Lockjaw)** causes painful tightening of the muscles, usually all over the body. • **It can lead to "locking"** of the jaw so the victim cannot open his mouth or swallow. Tetanus leads to death in up to 2 cases out of 10. **DIPHTHERIA** causes a thick covering in the back of the throat. • **It can lead to** breathing problems, paralysis, heart failure, and even death. **PERTUSSIS (Whooping Cough)** causes severe coughing spells, vomiting, and disturbed sleep. • **It can lead to** weight loss, incontinence, rib fractures and passing out from violent coughing, pneumonia, and hospitalization due to complications. In 2004 there were more than 25,000 cases of pertussis in the U.S. More than 8,000 of these cases were among adolescents and more than 7,000 were among adults. Up to 2 in 100 adolescents and 5 in 100 adults with pertussis are hospitalized or have complications. • Anyone who has had a **life-threatening allergic reaction** after a dose of DTP, DTaP, DT, or Td vaccine should not get Tdap. • Anyone who has a **severe allergy to any component of the vaccine** should not get Tdap. Tell your health care provider if the person getting the vaccine has any known severe allergies. **4 Some people should not get Tdap vaccine or should wait. 2 Tdap and related vaccines** Vaccines for Adolescents and Adults • Tdap was licensed in 2005. It is the first vaccine for adolescents and adults that protects against all three diseases. • **Td** (tetanus and diphtheria) vaccine has been used for many years as booster doses for adolescents and adults. It does not contain pertussis vaccine. **Vaccines for Children Younger than 7 Years • DTaP** vaccine is given to children to protect them from these three diseases. Immunity can fade over time, and periodic "booster" doses are needed by adolescents and adults to keep immunity strong. (**DTP** is an older version of DTaP. It is no longer used in the United States.) • **DT** contains diphtheria and tetanus vaccines. It is used for children younger than 7 who should not get pertussis vaccine. continued . . . **Td should be used rather than Tdap** if Tdap is not available, and for: - Anybody who has already gotten Tdap, - Adults 65 years of age and older, - Children 7 through 9 years of age. Talk with your doctor if the person getting the vaccine has a **severe allergy to latex**. Some Tdap vaccines should not be given to people with a severe latex allergy. • Anyone who went into a **coma** or had a **long seizure** within 7 days after a dose of DTP or DTaP should not get Tdap, unless a cause other than the vaccine was found. • Talk to your doctor if the person getting the vaccine:

- has **epilepsy** or another **nervous system problem**, - had **severe swelling or severe pain** after a previous dose of any vaccine containing tetanus, diphtheria or pertussis, - has had **Guillain Barré Syndrome (GBS)**. Anyone who has a **moderate or severe illness** on the day the shot is scheduled should usually wait until they recover before getting the vaccine. Those with a mild illness or low fever can usually be vaccinated.

Continued on page 6.



A lot has happened over the last year in the development of vaccines. This is the first in a series of Okeyame articles about newly developed vaccines. Tdap is discussed in today's issue. In future issues Tdap, rotavirus, shingles, and new varicella (chicken pox) recommendations will be discussed. Tdap (tetanus, diphtheria, and acellular pertussis) is in response to the rise of pertussis (whooping cough) cases in the USA. There have been numerous outbreaks in the US. This one time vaccine (which replaces a routine tetanus shot) is recommended for persons between 11 and 64. This article comes from the CDC. The health unit is trying to procure a supply of Tdap.



5 What are the risks from Tdap vaccine? A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. However, the risk of a vaccine causing serious harm, or death, is extremely small. If rare reactions occur with any new product, they may not be identified until many thousands, or even millions, of

people have used the product. Like all vaccines, Tdap is being closely monitored for unusual or severe problems. Clinical trials (testing before the vaccine was licensed) involved about 4,200 adolescents and about 1,800 adults. The following problems were reported. These are similar to problems reported after Td vaccine. **Mild Problems (Noticeable, but did not interfere with activities)** • Pain (about 3 in 4 adolescents and 2 in 3 adults) • Redness or swelling (about 1 in 5) • Mild fever of at least 100.4°F (up to about 1 in 25 adolescents and 1 in 100 adults) • Headache (about 4 in 10 adolescents and 3 in 10 adults) • Tiredness (about 1 in 3 adolescents and 1 in 4 adults) • Nausea, vomiting, diarrhea, stomach ache (up to 1 in 4 adolescents and 1 in 10 adults) • Other mild problems reported include chills, body aches, sore joints, rash, and swollen lymph glands.

Moderate Problems (Interfered with activities, but did not require medical attention) • Pain at the injection site (about 1 in 20 adolescents and 1 in 100 adults) • Redness or swelling (up to about 1 in 16 adolescents and 1 in 25 adults) • Fever over 102°F (about 1 in 100 adolescents and 1 in 250 adults) • Nausea, vomiting, diarrhea, stomach ache (up to 3 in 100 adolescents and 1 in 100 adults) • Headache (1 in 300)

6 What if there is a severe reaction? What should I look for? • Any unusual condition, such as a high fever or behavior changes. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness. **What should I do?** • **Call** a doctor, or get the person to a doctor right away. • **Tell** your doctor what happened, the date and time it happened, and when the vaccination was given. • **Ask** your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS web site at www.vaers.hhs.gov, or by calling **1-800-822-7967**. *VAERS does not provide medical advice.*

7 The National Vaccine Injury Compensation Program

In the event that you or your child has a serious reaction to a vaccine, a federal program has been created to help pay for the care of those who have been harmed. For details about the National Vaccine Injury Compensation Program, call **1-800-338-2382** or visit their website at www.hrsa.gov/vaccinecompensation.

8 How can I learn more? • Ask your immunization provider. They can give you the vaccine package insert or suggest other sources of information. • Call your local or state health department. • Contact the Centers for Disease Control and Prevention (CDC): - Call **1-800-232-4636 (1-800-CDC-INFO)** - Visit CDC's National Immunization Program website

at www.cdc.gov/nip department of health and human services Centers for Disease Control and Prevention National Center for Immunization and Respiratory Diseases Vaccine Information Statement - Interim Tdap Vaccine (7/12/06) U.S.C. 42 §300aa-26

Severe Problems (Unable to perform usual activities; required medical attention)

• None were seen among adolescents. • In the adult clinical trial, two adults had nervous system problems after getting the vaccine. These may or may not have been caused by the vaccine. They went away on their own and did not cause any permanent harm. • A severe allergic reaction could occur after any vaccine. They are estimated to occur less than once in a million doses. A person who gets these diseases is much more likely to have severe complications than a person who gets Tdap vaccine.

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.ca) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take

place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact acrahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

Community News and Events

The North American Women's Association (NAWA) will hold its November General Meeting on Thursday, November 9, 2006 at 6:45 p.m. at the Coconut Grove Regency Hotel on Mozambique Link. Our special guest will be Mrs. Elizabeth-Irene Baitie, winner of the Unimax Macmillan Writers Prize for Africa for her children's story *A Saint in Brown Sandals*. Please join us for an enjoyable evening.

The West Africa Consultants' Network is a group of professional consultants who have formed a network to efficiently share our expertise with potential contractors. If you are a qualified consultant or interested contractor, please contact westafricaconsultants@gmail.com

ARE YOU A QUILTER?

Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list:

email Widdison@hotmail.com,
Subject line: adinkra design patterns.

The Ghana Caribbean Association will be having a number of events to commemorate Caribbean Week in Ghana from November 20 - 26, 2006. The Symposium will be held at The DuBois Centre on November 21, 2006, from 10:00am to 2:00pm. Lunch will be served at 12:00 noon.

Programme of events for November 2006

Education UK Exhibition in Kumasi and Accra

This November, British Council Ghana brings you the most exciting interactive event of the year, the **Education UK Exhibition 2006**.

Ghana Institute of Management

Thursday 9th at 10:00a.m.-12:00noon

The Ghana Institute of Management is organising an annual

general meeting and a public lecture dubbed;

'The Manager in Corporate Governance: Challenges'.

This event is open to all. Location – Auditorium

Softmaths

Thursday 9th at 4:00p.m - 6:00p.m.

This event is to launch a new computer software application

designed to make mathematics easier at the JSS level.

This event is open to all. Location – Auditorium

Securities and Exchanges Commission

Wednesday 15th & Thursday 16th at 4:00p.m. -7:00p.m.

The aim of the Ghana Securities and Exchange Commission

(SEC) is to protect investors and maintain the integrity of the

securities market. This event is the launch of their maiden securities celebration week.

This event is open to all. Location - Auditorium

Continental Thought Factory

Friday 17th at 12:00noon -3:00p.m.

Continental Thought Factory is a lead strategising and inspiring group that enables young people to take their lives and career to new levels of impact as well as meeting the demands of our generation. This event is a conference under the theme 'Becoming exceptional'.

This event is open to all. Location – Auditorium



CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accrao-kyeame@yahoo.com. **Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana.** Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

SEEKING EMPLOYMENT

Rose working for Christina Bluhm as Household help is looking for a part time job on Tuesday and Saturday. Call Christina Bluhm home at 77 4558 or cell: 0242851575. (3)

French-speaking woman seeking domestic employment. Excellent references. Contact Assiba Ida Aglamey at (020) 739-6382. (3)

Annick Yessoufou is looking for work as a **domestic** or administrative assistant. She is bilingual (English/French) and worked for USAID and the African Development Bank. Prefers to live-in. She can be reached at 0285-047-247 or amyessoufou@hotmail.com. (3)

Sally is a bright, energetic young woman looking for work as a nanny. Best suited for toddlers to school-aged children. A pleasure to have in my home and was eager to learn. Contact directly at 0243 861492 or Leanne 0244 325982 (2)

Experienced Housekeeper Available—Michael has 4 ½ years experience working as a housekeeper / gardener for U.S. Embassy families and 12 years experience as a gardener for expats prior to housekeeping. He is extremely reliable, hardworking and an excellent housekeeper. Please call Michael direct 0243122763. (3)

Need a Turkey or several for Thanksgiving? For Sale: Imported turkeys raised locally. Great quality--sold live or dressed. Location near US Embassy Annex. Contact Eddie-0244-053305 (1)

Pippa's Gym Membership Available! Price VERY NEGOTIABLE!! One year membership purchased in Sept., 2006 for \$550. Please contact Anne 0244310572 (1)



VACANCY NOTICE

USAD/West Africa is looking for a Program Assistant for the PROGRAM OFFICE.

The Program Office provides strategic support to regional program planning, analysis, performance monitoring, evaluation and reporting for a complex regional program with an estimated annual budget of \$52 million.

The incumbent will provide a variety of program assistance, research, analysis, and administrative support services to the Program Office and USAID/WA's Regional Alliance Advisor.

Education & Prior Work Experience

Post secondary school training (Diploma) in Secretarial or Business Studies is required. A degree in Business Studies or related field is desirable. Five years of progressively responsible program /administrative experience, including at least two years experience in a large corporate, local or international organization.

Skills and abilities: We are looking for that unique person who is a self starter and will be willing to learn and apply new skills to improve professional and technical performance in the position. The ability to organize activities and manage time is essential as well as excellent computer skills, demonstrated interpersonal, teamwork, customer service, and administrative skills to achieve results in an efficient and effective manner. Knowledge of French is desirable.

Interested individuals should please apply to:

The Program Assistant Position

USAID/Ghana

P.O. Box 1630, Accra

CLOSING DATE: November 17, 2006

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MISCELLAENOUS	VEHICLES FOR SALE	
<p>Moving Sale: Because of future departure will organise a sale this every Friday from 8-10 am for 8 weeks. Household, furniture, books, HI FI, auto and jewellery. Email transnet@hikyaku.com or call Ce-cile 0242 266 713 (2)</p>	<p>Land Rover Discovery Series II 4x4 In good condition, service history available from Mechanical Lloyd. Model: TD (Turbo-Diesel) 5 Model Year: 2001 Guards on front and rear lights Front Grill guard Extra Set - Alloy rims (4) Land Rover Fridge Transmission: Manual 5 speed gear-box. 5-seater, 5-door, Epsom Green US\$ 25,000.00 ono Contact: Mr Adekoye Ademola 233 24 286 8156 Fax: +233 21 512 981 (1)</p>	<p>MODEL: 1998 TOYOTA SIENNA CE with Canadian specs. TRANSMISSION: AUTOMATIC ENGINE: V6 / 3.0 L Petrol SEATING: 7 COLOR : Beige PRICE: US\$17,000. FEATURES: Air Conditioned, Dual Temperature Control (Front/Rear), Cruise Control, Tilt Steering, AM/FM Radio/Cassette, call 0243 33 28 01 or 0244 25 06 18 or 0244 26 20 35 (2)</p>
<p>Wanted: Your used LSAT prep books of recent vintage. I can buy or borrow. Email tnbabbel@yahoo.com or call 024-210-8043 (2)</p>		<p>2003 Nissan Murano SE. Just imported from the U.S; never driven in Ghana. Superb condi. 35,000 miles. All Wheel Drive; 3.5 ltr. 6 disk changer and cassette; moonroof; ABS. \$25,000 or best offer. Duty not paid. Call 0244-313-523 or e-mail jbsandefur@yahoo.com. (2)</p>
<p>Wanted: Bicycle for around Accra. Must be large enough for adult male: 26" or 700c with an 18-19" frame. Shocks optional, decent mechanical parts preferred. Please contact Rodger : 0246649487. (1)</p>	<p>Kia Sephia 1993. Available in December. Duty paid. \$2700.- or best offer Interested persons please call or Jennifer: 021-22812 or jenny-mo_77@yahoo.com (1)</p>	<p>1998 Honda Civic 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. Private Party Blue Book value \$6760, best offer. Call Diane at 0243122763. (2)</p>
<p>FREE KITTENS are available to a good home: 3 cute kittens about three months old. Call 0246354174 or 021-228125 Or email jennymo_77@yahoo.com (1)</p>	<p>2003 Rexton. 44,500 kms. Duty paid. Exce condition. Call Monique 0244311944 /733-465. (3)</p>	<p>Chery QQ 0.8 Model, Lemon Green Colour, Radio/Cassette; layer. Power steering, power brakes, central door locking system. Only 1,000km. Available January 2007. Contact Rosaline on 0244284805, email: GhanaSRDC@yahoo.com (1)</p>
<p>"PADDY" PEDIGREE SHIH TZU DOG 6 YEARS OLD, VERY AFFECTIONATE NEEDS REALLY GOOD HOME OWNER RETURNING TO UK WHERE STRICT QUARANTINE LAWS APPLY IF INTERESTED, PLEASE CONTACT Carole: 0244287119 (3)</p>	<p>Driver/Gardner - Eben has served as a driver and gardener for American families for the past 3 years. He is a very safe and cautious driver and is highly Knowledgeable about the Accra area. Eben also irons, and does a perfect job. Please call Shawn 0244-846-486.</p>	<p>2004 Nissan X-Trail. Imported new from Japan in 2005. Fully loaded: Auto transmission; 4 wd; A/C; leather; pwr seats, windows; keyless entry; 6 disk cd changer and cassette. Still under warranty. All service performed at Nissan Auto Parts. Only 19,000 km. Duty not paid. \$23,000 or best offer. Call 0244-313-523 or e-mail jbsandefur@yahoo.com. (2)</p>
	<p>Famous Quotes: A crab does not beget a bird. Ghanaian</p>	